



Tools For Action

A sample of physical education initiatives in Wisconsin

Movin and Munchin Schools kick-off

Contact Information

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Program Information

Program Name
Movin and Munchin Schools kick-off
Program Category
All school PE events or activities
Grade Level
Elementary School (K-2); Elementary School (3-5); Middle School (6-8)
Assessment Method

Program Information

Products Developed or Materials Used:

We have visited Germany, canoed the Mississippi, Fished for Fitness and Moved Through the Milky Way on our quest to earn Movin' Miles.

Program Description:

Movin' and Munchin' Schools Movin' Miles Program. Our kick-off begins at Camp Pottawattomie Hills in East Troy. We canoe, go on scavenger hunts, play games, sing around the campfire, conduct an orienteering class, participate in archery and so on. For about 10 -12 weeks the students earn Movin' Miles for activity outside of school. Trivia is developed to support each year's theme. Classrooms compete to gain the most miles. Teachers integrate the theme into their units. For further information please contact me at thedman@kUSD.edu.

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

<http://dhfs.wisconsin.gov/health/physicalactivity/>

or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)

Morgaig@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)

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